

## ***Registration Information/Form***

Please Type or Print Clearly ~ Thank You!

Name: \_\_\_\_\_

Job Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Does your attendance at this conference fulfill certification or licensure requirements?

☐ Yes ☐ No NHA/CRCFA License # \_\_\_\_\_

☐ Registrant will need special assistance: \_\_\_\_\_

☐ Vegetarian box lunch required

**Registration Fee** *includes Continental Breakfast, Breaks, Lunch & Materials:*

*(Only one applies)*

☐ **\$55 registration fee if received by April 15, 2007**

☐ \$75 registration fee if received between April 16–25, 2007

☐ \$125 for all onsite registrations

Amount: \$\_\_\_\_\_ Check Number: \_\_\_\_\_

Please mail completed registration form along with payment to:

**SC Conference on Aging  
C/O Bouknight Management Services  
PO Box 151  
Lexington, SC 29071**

Questions? Call Bouknight Management Services at 803-665-6934

### ***The SC Conference on Aging Partners***

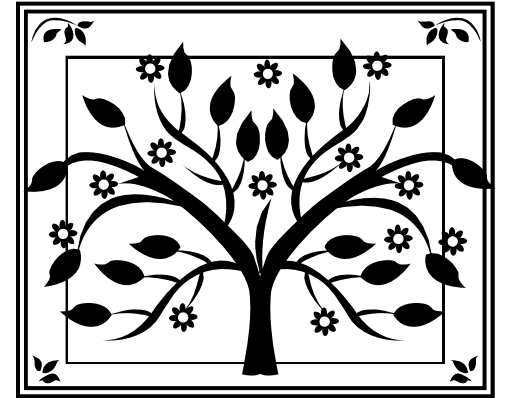
AARP, SC Lt. Governor's Office on Aging, SC Association of Council on Aging Directors,  
SC Association of Area Agencies on Aging, SC Association of Non-Profit Homes for the Aging,  
SC Adult Day Services Association, SC Gerontological Society, SC Silver Haired Legislature,  
SC Leadership Institute, SC Geriatric Education Center at MUSC

**Refund Policy:** Cancellations received prior to April 25, 2007 will be honored, less a \$15  
Administrative Fee. No refunds issued after April 25, 2007. Substitutions accepted at \$10 fee.

SC Conference on Aging  
C/O LCRAC  
125 Parker Street  
Lexington, SC 29072  
**Address Correction Requested**

***2007 SC Conference on Aging***

## ***Social Engagement & Successful Aging***



***Creating Programs For A Healthier Future***

***Why Do It, Being Able To Do It, Do It!***

***5 Continuing Education Contact Hours  
(Applied For)***

***May 1, 2007***

***8:30 am to 4pm***

***Columbia Conference Center***

***169 Laurelhurst Avenue***

***Columbia, SC 29210***

***803-772-9811***

Overview			Agenda	About the Speakers	
Social engagement is an essential part of successful aging. It impacts mental, physical and cognitive health. Poor health, lack of transportation, and/or having no place to go can trigger isolation and a downward spiral.	8:30	am	Registration	<p><b>SC Lt. Governor Andre’ Bauer</b>, invited speaker, is the head of the South Carolina Lt. Governor’s Office on Aging. He is the chief advocate for South Carolina’s seniors.</p>  <p><b>Keynote Speaker</b></p> <p><b>Thomas Nelson, Ph.D.</b> Chief Operating Officer, AARP</p> <p>In addition to overall leadership responsibility, Mr. Nelson oversees State and National Initiatives, Operations, and Membership. He is responsible for AARP’s key operations including publications, research, advocacy, community services and field delivery capabilities, and membership development.</p> <p><b>Brook Harmon, RDD</b> is a registered dietitian with USC’s Statewide Disease Prevention and Control Center. She has a master’s degree in exercise science and teaches public cooking classes.</p> <p><b>Sara Wilcox, Ph. D.</b> is an Associate Professor with the Arnold School of Public Health at USC. Her research is focused on promoting healthy lifestyles.</p> <p><b>Lynnda Bassham</b> is the Director of Human Services with Lower Savannah Council of Governments. She was instrumental in bringing together transportation providers to expand services using existing resources.</p> <p><b>Eleanor Whitehead</b> is the Director of the Personal Touch Volunteer Department with Palmetto Health Baptist and Secretary of the SC Association for Volunteer Administrators.</p>	
As providers of services and programs for both today’s and tomorrow’s seniors, we need to understand how these issues are interrelated and how we can modify our programs and services to better enable our seniors to remain socially engaged.	9:00	am	<b>Welcome</b> Andre’ Bauer, Invited SC Lt. Governor		
We all know that good nutrition and exercise are critical to maintaining or improving physical and cognitive health so that one is able to be socially active. Together they can prevent or delay the onset of debilitating chronic conditions such as heart disease, stroke, cancer, diabetes, and osteoporosis. How do we increase the effectiveness of our programs to help our seniors be healthier?	9:15	am	Keynote Speaker <b>Social Engagement: Why Do It?</b> Thomas C. Nelson, Ph. D.		
	10:15	am	Break		
	10:30	am	<b>First Session:</b> <b>Being Able To Do It!</b> <i>Eat Healthy Easily</i> Brook Harmon, RDD  <i>Get Moving, Keep Moving</i> Sara Wilcox, Ph. D.		
When a person can no longer drive, he or she is at a higher risk of poor health and isolation. How do we provide a range of transportation options that ensure that older adults maintain their mobility and independence?	Noon		Box Lunch Included		
Volunteering gives a person a meaningful way to be socially active. Studies have shown that volunteering increases physical health and agility as well as cognitive and mental well-being. What are current and future volunteers looking for? How do we make our programs successful?	1:00	pm	<b>Second Session: Do It!</b> <i>Getting There: A New Way To Provide Transportation</i> Lynnda Bassham  <i>Understanding Changes in Motivation and Outlook While Maintaining High Standards in Our Volunteer Programs</i> Eleanor Whitehead		
Understanding what the future holds, both for our aging population and for our programs, combined with knowledge on improving our programs will help us make a difference in how successfully people age.	2:15	pm	Break		
	2:30	pm	<b>Do It A New Way For Today and Tomorrow</b> <i>National &amp; State Directions</i> James Darby  <i>Moving Forward!</i> Oscar Lovelace, MD		
	4:00	pm	<b>Adjournment</b>		
			<p><b>James Darby</b> is the Executive Director of the Santee-Lynches Regional Council of Governments. He is a member of the Lt. Governor’s Commission on Aging for Research and Evaluation.</p> <p><b>Oscar Lovelace, MD</b> is a family physician in Prosperity, SC. He was the chair of Governor’s Health Care Task Force and is a member of the Lt. Governor’s Commission on Aging for Research and Evaluation.</p> <p><b>Continuing Education</b></p> <p><b>Social Workers:</b> Per the Board of Social Work Examiners Guidelines, the certificate of attendance can be used for documentation of <i>5 Continuing Education Non Social Work Related Contact Hours</i> with the written approval/recommendation of your employer.</p> <p><b>Nursing Home Administrators/ Certified Residential Care Facility Administrators:</b> Application has been made to the Board of Long Term Health Care Administrators for 5 hours of Continuing Education. <b>Provide your license # on the registration form to receive credit.</b></p> <p><b>Hotel Information</b></p> <p>A group rate of \$99 for April 30<sup>th</sup> is available with:</p> <p><b>AmeriSuites Hotel</b> 1130 Kinley Road, Irmo. 803-407-1560 (I-26 &amp; Lake Murray Blvd.)</p> <p><b>Reservations must be made by April 9, 2007.</b> Refer to SC Conference on Aging Group to receive this rate.</p> <p><b>Special Thanks to AARP for sponsoring this conference</b></p>		